



Around the County.....Ed Gil de Rubio \ County Manager

This month marked the recognition of County employees. National County Employee Week was in April, last week was "National Correction Officers Week" and this week acknowledges county nursing home employees. Congratulations and a "tip of the hat" to all our hard working and dedicated individuals who put the responsibilities and services of Sullivan County in the forefront of their lives. A heart felt thank you and a "job well done" is definitely in order.

Our priority deposit for the Meadows began last week. The Meadows is Sullivan County's new Independent \ Assisted Living project. Please note our new sign that was placed by the fire pond. It is our hope to have a successful campaign and move this project towards the construction drawing level.

Sullivan County has been designated by the DHHS and the Department of Emergency Management as a pilot project to regionalize the coordination

of emergency hazards. In essence Sullivan County would help the local municipalities coordinate with the State, when appropriate during an emergency situation. The purpose of this is to streamline the effectiveness and the procurement of resources from the state down to the local officials who are in need. Emergency preparedness on the local level will not change. During the Acworth floods the State realized that it could be overwhelmed if a state wide emergency took place. It is the hope that counties would buffer and reinforce the method of response.

Budget season still continues. The Commissioners should be finalizing their budget within the next week. The Executive Finance Committee is next in line to review the budget. From there, on to the County Convention in June. Keep your fingers crossed.

The search for the new Superintendent for the Department of Corrections is

proceeding at a timely pace. We plan to interview candidates late May, early June. We are planning to have a new Superintendent by July 1.

The Needs Assessment for the Department of Correction was presented to the Delegation during April. An all new facility was recommended by the Sullivan County Criminal Justice Coordinating Committee. The new facility would be approximately 90,638 square feet housing 194 inmates. The total project cost is approximately \$45,000,000. We are anticipating a bond vote in early fall.

Finally, don't forget about the "Pancake Breakfast" on Sunday, June 10. A great way to kick off the summer season.

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Special points of interest:

- ♦ A kind word or gesture can change someone's day for the better
- ♦ Pancake Breakfast is June 10th!!!
- ♦ Weight Watchers @ work starts May 31st at 3:15 pm



Department of Corrections

Correctional Officers Week
May 6 – May 12, 2007

The County Board of Commissioners, County Manager and DOC Administration wish to express sincere thanks for the professionalism shown by all who work at the Sullivan County Department of Corrections.

It is recognized that the DOC staff provide services to the communities within Sullivan County that require special skills, dedication, efficient teamwork and perseverance during times of change – all which this staff has shown and excelled at in these past months.

On Tuesday, May 8, the administration at the DOC provided each shift with pizza and soda to show their appreciation towards the staff. Again, thank you for your dedication to Sullivan County's communities and inmate population.

Captain J. Milliken

Lieutenant D. Roberts

Lori Keefe

Welcome to the Department of Corrections –

The Administration, Supervisors, and fellow Line Officers would like to welcome three new officers to the Department of Corrections, Officers Christopher Kane, Peter Mahair and Michele Dubreuil.

All three officers started in March and come from a strong working background, which showed through during their interview process.

Welcome Aboard!

The Department of Corrections would also like to congratulate the following officers for their many years of service and dedication.

Officer Gail Young – April 13th, 26 years

Officer First Class Jason Lemere – May 10th, 6 years

Officer Matthew Lockhart – May 10th, 6 years

Officer Shawn Coughlan – June 5th, 1 year

Officer Donna Chartier – June 16th, 11 years

C.E.R.T. team welcomes two new Members –

The Department of Corrections would like to congratulate *Officer Rene Castillo* and *Officer Shawn Coughlan* who successfully completed a rigorous physical fitness test, oral board and written examination to be selected as a part of the Sullivan County Department of Corrections C.E.R.T. team.

On May 1st, the team voted unanimously that Officer Castillo and Officer Coughlan be a part of C.E.R.T. this team because of their professionalism and unique skills that they bring to the team. Please help me congratulate both of these officers for a job well done. Congratulations!

Sullivan County Corrections Association News:

The Sullivan County Corrections Association is proud to announce the introduction of a Youth Development Fund; intended to encourage, develop, and reward positive attitude, good citizenship, and academic achievement. We will be holding car wash fund raisers throughout the summer to raise money for the fund, as well as 50/50 raffles. The 50/50 tickets will be going on sale throughout the month of June. Tickets can be purchased at the business office with Sam Fletcher, or at the D.O.C. with Lori Keefe, or Donna Char-
tier. The Charlestown Fire Department has graciously allowed us the use of it's facility to hold four car washes. If you are in the neighborhood on the following locations stop in and have the correctional staff put a shine on your car.



Car wash schedule

- | | | |
|---------------------------------------|-----------|-----------------------|
| • Saturday June 16 th | 9am – 1pm | Charlestown Fire Dept |
| • Saturday July 14 th | 9am – 1pm | Charlestown Fire Dept |
| • Saturday August 11 th | 9am – 1pm | Charlestown Fire Dept |
| • Saturday September 22 nd | 9am – 1pm | Charlestown Fire Dept |

Raffle ticket prices

1 for \$1.00

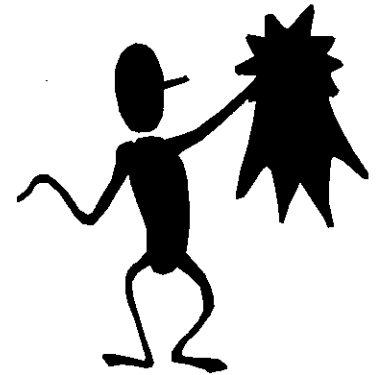
6 for \$5.00

Arms length for \$10.00

Wing span for \$20.00

Association member Cpl. Dan Gokey, will again be supporting the American Cancer Society's Relay for Life. Corporal Gokey will be at Kearsage High School June 1st and 2nd from 7am – Noon volunteering to sit in a Dunk Booth. The booth will be behind the High School, near the track area. Anyone who wishes to donate can make a check to 'The American Cancer Society'. Checks can be left with Sam Fletcher in the business office, or dropped off at the D.O.C. to Lori Keefe, or Dan Gokey. Anyone at the Newport office wishing to make a donation should contact Lori Keefe to arrange for pick up. Checks must be ready by Thursday May 31st. All donations welcome, no amount is too small.

Mr. Ed Gil de Rubio
Sullivan County
14 Main Street
Newport, NH 03773



Dear Mr. Gil de Rubio:

Congratulations! Your employees and their spouses have taken an active role in improving their health by participating in the New Hampshire Local Government Center HealthTrust's (LGC) **Slice of Life** Wellness programs. Enclosed is a copy of each of the prizewinner letters from your group in LGC's *Slice of Life* Wellness Sweepstakes.

All of the participants are to be applauded for their success; continued participation in other *Slice of Life* Wellness programs is encouraged to help keep Members as healthy as possible.

If you have any questions, please contact William Byron at 1.800.527.5001, X 208.

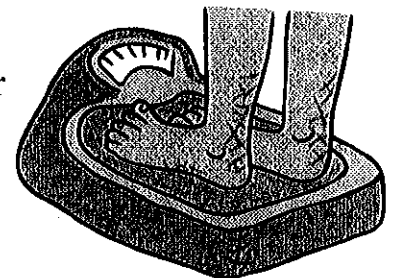
Sincerely,

Norman S. Weden
Risk and Health Manager

Congratulations to Judy Brown for her participation in the Slice of Life program during 2006. She won a \$100.00 gift certificate to a store of her choice!!! Keep up the great work!

Weight Watchers @ Work in Unity....

It is finally here, the time we have all waited for, Weight Watchers is here at work in Unity. Meetings will start on Thursday, May 31st, 2007, weigh-ins from 2:45p-3:15p, meetings starting at 3:15 through 3:45 at the Ahern building. We have our fifteen needed, but if you still want to join, this is what you need to do: Contact Sam in Human Resources to pay your deposit, or sign up for paycheck deductions equaling \$72.00 for the 12 week period. It is as simple as that !!! Best of luck to those who have made the commitment to themselves to take the next step to better living!!!



Self Care

Workshop

What's it about?

Because 25 percent of all doctors' visits are deemed unnecessary, this workshop focuses on skills that teach employees how to be empowered in making informed healthcare decisions and to partner with their providers in a shared decision-making process.

Why should I attend?

Learn about the Health Management benefits and resources available from the Slice of Life wellness programs from HealthTrust.

What does this workshop have to do with me as an individual?

A lot! If you want to know how to use your healthcare benefits wisely, what important questions you should be asking your physician, and how a self-care guidebook can save you time and money, then plan to attend this valuable session. You will also hear about our *Slice of Life* wellness programs.

Who should attend?

Everyone! Anyone interested in why healthcare costs are skyrocketing and learning what you can do about it.

When and where will the workshop be?

Wednesday, May 23, 2007
7:00am & 2:15pm
Resident Activity Room, SCHC

Presented by: Kerry Mucher
Health Management Representative
NHLGC



NEW HAMPSHIRE
Local Government Center

New Hampshire Municipal Association
Workers' Compensation Trust
Property-Liability Trust
HealthTrust



Plant Swap

Bring in a clipping from one or more of your favorite house plants or a cluster of perennials/annuals to **trade with your co-workers.**

When: May 23rd, 2007

Time: 11a-1p

Where: Frank Smith

Living Room

Sullivan County

Benefits Fair

**\$100.00
Raffle
per
shift!!!**

- Davis & Towle Agency
- AFLAC
- HealthTrust

- Edward Jones
Investment Co.

Come meet vendors that offer their services to the employees of Sullivan County. One employee from each shift who attends will win \$100.00!!! But you need to attend to be entered.

Wednesday, May 23, 2007

7a-3p

A Self Care Workshop will be hosted by the HealthTrust at 7:15a and 2p in the Activity Room

Frank Smith Living Room, SCHC, Unity

**All day, every day
we make life better**

For those Newport employees that are interested in talking to a representative, please fill out the attached memo to today's paycheck and return it to Sam as soon as possible, and a representative will be in contact with you personally!



See a Fisher Cats Baseball Game and Help 4-H



Why not take your family to a baseball game and support the 4-H Foundation of NH at the same time? Here's how: July 18th is 4-H Day at the Fisher Cats ball park in Manchester! Game time is 7:05 p.m. with the gates opening at 6:00 p.m.

The 4-H Foundation will be staffing the concession stand. This is a fun event so encourage 4-H'ers to invite their friends and neighbors. Everyone is welcome! Tickets will be \$8, with children under 3 free. We hope that those connected with 4-H will wear green so that we are noticeable in the stands. Our 4-H t-shirts will be perfect to wear! This should be lots of fun. There will even be fireworks this year!

If we have enough interest here in Sullivan County, we can try to rent a school bus to leave from Claremont and Newport to go to the game.

Please send in the following information and pre-pay for your tickets. Mail to 24 Main Street, Newport, NH 03773.

Make checks payable to the:

Sullivan County 4-H Leaders Association.

Tickets will be mailed to you.

Names _____

Address _____

Phone _____

Email _____

of tickets _____ x \$8 = total \$ _____

Are you interested in bus transportation? ____ Yes ____ No

UNH Coop Ext PROGRAM ANNOUNCEMENTS for May and June 2007

"Making Money Work For You" is scheduled to begin Wednesday, *May 23, 2007*, and run through *June 20, 2007* and will be held at Claremont Savings Bank 145 Broad Street, Claremont, NH in the downstairs *Training Room* from 5:00 to 7:00 PM. Cost of student workbook is \$12. **Please pre-register by calling our office at telephone, 863-9200 before May 18, 2007.**

"Making Money Work For You" is a basic money management program that focuses on increasing savings and decreasing debt. We cover all the *basic* components of sound money management including tracking expenses and goal setting, budgeting, credit and debt management & insurance. The format of the class is presentation and class discussion. The curriculum is taught over five weeks in two hour sessions. Each participant receives a workbook that supports each of the lessons. It is used in class (and for homework) so that participants can apply the key concepts to their own situations and as a springboard for discussion in class.

"Legal Issues: Are You Prepared?" will be held on Tuesday, June 5, 2007 from 6:30 to 8:30 PM and will be held at Claremont Savings Bank, 145 Broad Street, Claremont, NH in the downstairs *Community Room*. The cost of the seminar is \$5.00. Please pre-register by calling our office at telephone, 863-9200 before May 25, 2007.

"Legal Issues: Are You Prepared?" is a seminar to help people take major steps to safeguard their family's financial future. The program teaches people about the importance of evaluating their legal affairs related to later life issues. The seminar will be presented by Attorney Michael Fuerst, Partner, Buckley & Zopf, Claremont, NH.

"Teen Decision Making About Risky Behaviors." will be held on Tuesday, May 22, 2007 at the UNH Cooperative Extension Office, 24 Main St, Newport, NH from 6:00 to 8:00PM. There is no cost for this workshop. Please pre-register by calling our office at telephone, 863-9200 before May 18, 2007.

"Teen Decision Making About Risky Behaviors." is a workshop designed for parents and

Come see a 4-H Fashion Show

Join us at the free Commissioner's Pancake Breakfast on **Sunday, June 10 at 10:30 a.m.** to see 4-H members from all over Sullivan County model clothes they have sewn. The brief Fashion Show will feature 4-H boys and girls between the ages of 5 and 18 who have sewn outfits. It's always fun to see what they create with a sewing machine. The show will be held outdoors if weather permits.

NET Website is up and running.....

Hello Everyone! NET's website is up!!! The address is **www.netteencenter.com**
Please visit us for information on the organization, signing up youth, what's happening, and volunteering. Be sure to check out the gallery of photos.
Hope you enjoy our website.

~Sam Clough

Thoughts from Payroll.

Would you like to take home more money each payroll? Some of our employees are not taking advantage of pre-taxing. I did the calculations for one employee and by pre-taxing two-person coverage this employee would have received \$28.21 more in her paycheck for that payroll. If your check stub lists your deductions as "Health – Post" and "Dental – Post" you are not taking advantage of this tax savings. Health and dental deductions are subtracted from the gross earnings before federal income taxes and FICA are calculated. If you would like to participate please get a Pretax form from Human Resources. This is saving both the employee and Sullivan County money. Please remember that this varies from person to person because of many variables – gross earnings, withholding, pretax deductions etc. Please feel free to contact me if you would like me to calculate what you would have taken home if you were pretaxed rather than post taxed so you can see the savings.

Are you paying for the correct number of dependents covered by your insurances? One employee was paying for family and should have been paying for two-person as there had been a life-changing event – the cost to the employee was \$132.86 more per month for health and \$13.78 more for dental! That is \$1,594.32 more per year than the employee needed to pay for health and \$165.36 for dental for a total \$1759.68 of unnecessary cost. This is costing both you and Sullivan County money.

Are you planning to be married or have a baby? If this event is going to make a change in your insurance coverage please make arrangements in advance of the event so that your payroll deductions can be changed in a timely manner. We pay a month in advance so if you are planning a July wedding/due date you need to make a change in payroll deductions for the month of June, which means paperwork authorizing this change needs to be received by Payroll by mid May. Failure to make this arrangement means that deductions will be rather costly the first payroll after the insurance change when you have enough new expenses as it is.

Are you having enough Federal Income Taxes taken out? This especially affects Per Diem staff when they consistently work a small number of hours – taxes are not calculated until you have earned \$105 when claiming Single/zero dependents and \$250 when claiming Married/zero dependents. This can add up after a few payrolls and you may be short come January. You can also have extra dollars taken out each payroll.

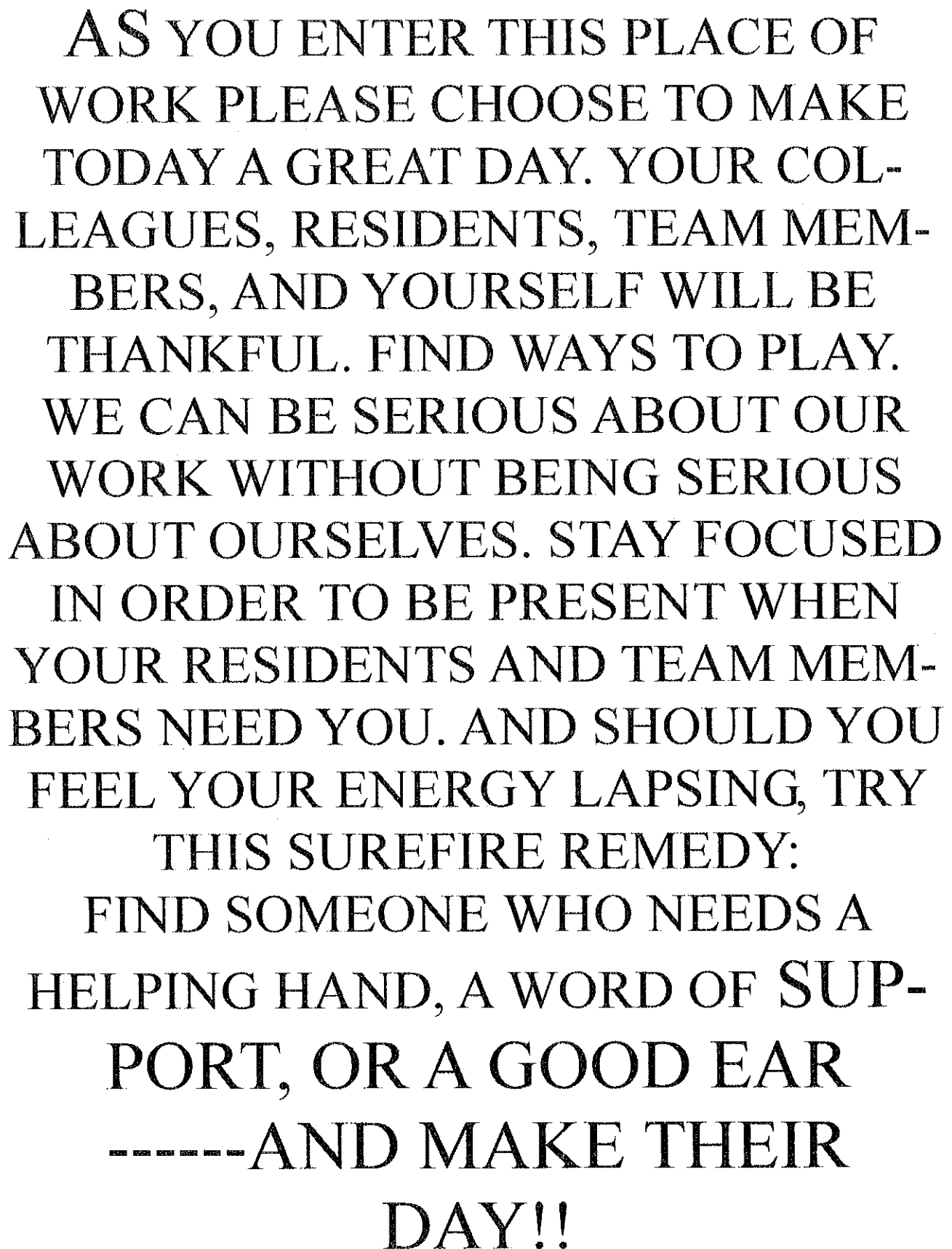
Please do not hesitate to call me at 863-2560 with any questions and I will do my best to help you stretch those dollars if it is possible.

~Janice Bryk, Payroll Clerk

Insurance Deduction Changes and a Second Option...

It is that time of year again when changes start for coverage in July. The first deductions for July coverage will be done the first payroll in June, so please read below for a complete understanding of what your new rate will be. Dental coverage costs are staying the same as they were last year. This year the County is also offering a second form of coverage to those employees interested in saving on their deductions, and making a conscientious effort to understand health insurance coverage. Peter has met with several employees to discuss this information and answer any questions. He will also be doing this throughout the next couple of weeks. Watch for postings for meeting with HR in you area/department.. If you have any further questions please feel free to contact Peter or Sam at 542-9511 ext 216 & 286.

Bargaining Employees		Per Month		
MTB 5	RATE	County's Cost	Employee's Cost	Per Payroll
Single	\$ 746.50	\$ 612.13	\$ 134.37	\$ 67.19
2 Person	\$ 1,493.01	\$ 1,134.69	\$ 358.32	\$ 179.16
Family	\$ 2,015.56	\$ 1,500.47	\$ 515.09	\$ 257.54
2 Employed				
2 Person	\$ 1,493.01	\$ 1,313.85	\$ 179.16	\$ 89.58
Family	\$ 2,015.56	\$ 1,758.01	\$ 257.54	\$ 128.77
MTB 10 IPED				
Single	\$ 603.67	\$ 495.01	\$ 108.66	\$ 54.33
2 Person	\$ 1,207.34	\$ 917.58	\$ 289.76	\$ 144.88
Family	\$ 1,629.91	\$ 1,213.38	\$ 416.53	\$ 208.27
2 Employed				
2 Person	\$ 1,207.34	\$ 1,062.46	\$ 144.88	\$ 72.44
Family	\$ 1,629.91	\$ 1,421.64	\$ 208.27	\$ 104.13
Non Bargaining Employees		Per Month		
MTB 5	RATE	County's Cost	Employee's Cost	Per Payroll
Single	\$ 746.50	\$ 671.85	\$ 74.65	\$ 37.33
2 Person	\$ 1,493.01	\$ 1,246.66	\$ 246.35	\$ 123.17
Family	\$ 2,015.56	\$ 1,612.45	\$ 403.11	\$ 201.56
2 Employed				
2 Person	\$ 1,493.01	\$ 1,369.83	\$ 123.17	\$ 61.59
Family	\$ 2,015.56	\$ 1,814.00	\$ 201.56	\$ 100.78
MTB 10 IPED				
Single	\$ 603.67	\$ 543.30	\$ 60.37	\$ 30.18
2 Person	\$ 1,207.34	\$ 1,008.13	\$ 199.21	\$ 99.61
Family	\$ 1,629.91	\$ 1,303.93	\$ 325.98	\$ 162.99
2 Employed				
2 Person	\$ 1,207.34	\$ 1,107.73	\$ 99.61	\$ 49.80
Family	\$ 1,629.91	\$ 1,466.92	\$ 162.99	\$ 81.50



AS YOU ENTER THIS PLACE OF
WORK PLEASE CHOOSE TO MAKE
TODAY A GREAT DAY. YOUR COL-
LEAGUES, RESIDENTS, TEAM MEM-
BERS, AND YOURSELF WILL BE
THANKFUL. FIND WAYS TO PLAY.
WE CAN BE SERIOUS ABOUT OUR
WORK WITHOUT BEING SERIOUS
ABOUT OURSELVES. STAY FOCUSED
IN ORDER TO BE PRESENT WHEN
YOUR RESIDENTS AND TEAM MEM-
BERS NEED YOU. AND SHOULD YOU
FEEL YOUR ENERGY LAPSING, TRY
THIS SUREFIRE REMEDY:
FIND SOMEONE WHO NEEDS A
HELPING HAND, A WORD OF SUP-
PORT, OR A GOOD EAR
-----AND MAKE THEIR
DAY!!